

alphaOne

Powering Independent Living

Consumer-Directed Attendant Services (CDAS)

Alpha One has been administering consumer-directed personal attendant services to Maine citizens with disabilities since 1981. CDAS was designed by Maine advocates with disabilities, public policy makers and Alpha One to offer individuals a program that supports community-based living and maximizes consumer control of services.

CDAS empowers the consumer to recruit, hire, train and supervise their own personal attendant(s) to assist with activities of daily living.

Basic Requirements:

- Eligibility for Community MaineCare
- An assessment completed by Goold Health Systems to determine if you are medically eligible
- At least 18 years old and be your own guardian
- Complete at least 4 hours of training with an Alpha One Independent Living Specialist and demonstrate your ability to manage your Personal Attendant (PA)
- You take responsibility to recruit, hire, train and assure that your Personal Attendants are competent
- The cost of this service to you is \$5 per month, MaineCare will pay the rest

You may hire anyone you choose except your spouse or an individual under 17 years of age or an individual who has a notation in the CNA Registry. Alpha One carries the Workers Comp insurance and provides payroll services for your Personal Attendant.

If you ever have a question, concern or need further training on managing your program, an Alpha One Independent Living Specialist will be available to you.

For any questions or to learn more about any of our disability related services call one of our three statewide locations.

South Portland: 1-800-640-7200

Bangor: 1-800-300-6016

Presque Isle: 1-800-974-6466